



**DEPARTMENT OF THE ARMY
HHC, U.S. ARMY GARRISON – FRANCONIA
UNIT 26622
APO AE 09244**

IMEU-WUZ-HH

25 July 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Letter #6 – Physical Fitness Training

1. References

- a. FM 21-20
- b. AR 600-8-2

2. Physical Training (PT) will be conducted at company level, unless an exception has been given by the commander or 1SG. Listed below are the physical training standards:

- a. Company level PT will be conducted four days per week (M, T, W, and F).
- b. The required uniform is the Army PT uniform.
- c. PT will consist of flexibility, muscle endurance and strength, and cardio-respiratory fitness exercises.
- d. Platoon Sergeants will ensure their Soldiers participate in PT.
- e. Soldiers with profiles will participate in PT within the limits of their individual profile. They will also take the APFT in the areas authorized by their profile. Soldiers coming off rehabilitation will take a record APFT.
- f. Record APFTs will only be given semi-annually; however, no two record APFTs will be given inside of a four month period. Soldiers with temporary profiles will be given twice the time of the profile to train for the APFT, but no more than 90 days (unless recommended otherwise by a doctor and approved by the commander) once the profile has been lifted. A mandatory make-up APFT will be given after profile recovery time has ended. Only NCOs certified by the commander or 1SG will administer the APFT.
- g. Soldiers who fail the APFT will participate in company PT as well as remedial PT that addresses the areas the Soldier has failed. Overweight Soldiers who fail an APFT will be excused from PT only by the commander or 1SG.

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h. Any Soldier who fails a record APFT and those who fail to take the APFT within the required period will be flagged IAW AR 600-8-2.

i. Soldiers scoring 270 or above (scoring a minimum of 90 points in each event) will receive a three-day pass. Those scoring 300 or above will receive a four day pass. All passes will include Saturday and Sunday.

j. All company-grade officers and E-7s and below are required to participate in company PT. If any Soldier has an approved profile preventing participation in PT they will be released by the 1SG after accountability formation.

3. The only authorized individuals to conduct an APFT for all HHC, USAG – Franconia Soldiers are the commander or 1SG. If a Soldier is given a record APFT by anyone other than the commander or 1SG, coordination needs to be made with the commander prior to the APFT. If no coordination has been made, that APFT will not be recognized for record and will not be placed in the Soldier's file.

DARRELL J. OTTO
CPT, SC
Commanding

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